



## STRIDE July E-News!

### Did You Know...

As we entered our 35th fiscal year of providing sport and recreation opportunities for youth with special needs; I continue to keep a pulse on how we are providing valuable service to families and individuals who need physical activities adapted. Because my roots come from the public education world, STRIDE's goals for programs align closely with guidelines of the *NYS Physical Education Learning Standards*:

- 1 – Personal Health and Fitness  
Students develop necessary knowledge and skills to establish and maintain physical fitness, participate in activity, and maintain personal health.
- 2 – Safety and a Healthy Environment  
Students acquire knowledge and ability to maintain a safe and healthy environment.
- 3 – Resource Management  
Students learn to manage their personal and community resources.



This week I received a letter from a colleague in Colorado who found an old box of professional journals in her attic from the 1980-90's. She sent me an article I had published in "The Professional Skier" from 1991, entitled "Innovative Ski Program Makes Strides". ([Read it here](#)) It's markers clearly define the educational research done for founding the principles and values of STRIDE that we today hold as standards for all our programs.

STRIDE is quickly recovering from the pandemic to return to offering over 15 different individual lifetime sport programs in the region. As we finish our fourth decade, I have no doubt we will continue to be a reliable, innovative and desired organization long into the future. Just watch!!

*Mary Ellen Whiting*

### Have You Seen STRIDE's New Wheels?

Again a big thanks to the

[Stewart's Dake](#)

### Attention Motorcyclists!!!



## RIDE 4 STRIDE

*Hosted by American Infidels*

**Saturday, August 21**

**A Benefit Ride for**

**STRIDE Adaptive Sports /Wounded Warriors**

**\$20 per rider & \$10 per passenger**

**Pre-Registration required : [www.stride.org/R4S](http://www.stride.org/R4S)**

**Ride Starts: Chatham High School Parking Lot**

**Chatham NY**

**Registration: 10:00 a.m.**

**Kickstands Up: 11:30 a.m.**



### STRIDE Ride 'Brewfest'

**S & S Farm Brewery**

**Nassau, NY**

**Everyone Welcome!!**

**Starts 1 pm! Drinks, Food, Live Music & Raffles**

**Proceeds support adaptive sports and fitness programs for youth & veterans with disabilities**

**[www.stride.org](http://www.stride.org)**



### BREWFESt Tradition Continues!

We are excited to continue the Brewfest tradition, in tandem with a new fundraiser hosted by the [American Infidels](#), a service group of veterans, who will ride 4 STRIDE from Chatham HS to [S & S Farm Brewery](#) for a party!

No tickets needed... just show up!!

**Register Here!**





Foundation for their support; and to local artist Erich Struna for his vinyl work, tripping out his design to showcase the van!

## Camping Season is Underway - and it's great to be together in Nature at SCORE

Three successful youth camping weekends have taken place at SCORE campgrounds in Chatham, NY. This season looks a bit different due to Covid, since parents or caregivers attend as chaperones for campers. This has allowed STRIDE to safely conduct programs, with a silver lining to allow family members to experience the magic of camping for themselves through the eyes of their child.



Invited to each camp are youth peer mentors who have attended camp for several years; who assist in activities for newer campers such as archery or disk golf. Peer mentors are older, veteran campers, that attend camp to assist in a volunteer junior counselor- type role. STRIDE is proud of the peer mentor program that allows growth for older and younger athletes together.

*"We feel truly blessed to have STRIDE. Stefon has a wonderful way of teaching, that made archery and fishing accessible for my child. He truly makes the experience fun and inclusive."*

*~ Camping parent*



## STRIDE Sailing

Saratoga Sailing Club  
163 Manning Rd. Ballston Spa, N.Y. 12020

**Monday's 5pm sharp  
end before dusk.  
8/2- 8/30**

Ages: 8 - 21 & Wounded Warriors  
space is limited

\*Wind and weather permitting  
Kayaks, row boats and other water type activities  
will be used based on wind strength.



For more information or to register,  
please call the STRIDE Office or email  
Program Director, Megan Evans  
518-598-1279 or [mevans@stride.org](mailto:mevans@stride.org)



## STRIDE Track & Field Week

taught by:

Niskayuna Varsity Track & Field Team



**When: 8/9- 8/13  
3- 4:30pm  
Ages: 10 & up**

**Where: Zenner Fields  
One Niskayuna Circle  
Niskayuna, NY 12309**

This park is located behind Craig Elementary School  
on Balltown Road. Parking lot entrances on both  
Balltown and Zenner Roads

Participants will learn some running strategies while playing fun games with their peers. Basic field games such as discus, long jump and shot put will be taught as well. All abilities are welcome!

Participants must register with STRIDE.

Please email STRIDE Program Director to enroll: [mevans@stride.org](mailto:mevans@stride.org) / 518-598-1279

## 2021 Bike Camp SUCCESS!!!

Highlights: 90% of bike camp participants are now independent bike riders!

Covid restrictions: [Union College](#) continued to support us with their venue donation, but imposed on-campus policies that only allowed 50% capacity this year, and no spectators; reduced from 40 riders to 20 this year.



Bike camp week was in a word....wet. Bike campers didn't let that negatively impact their success! Campers persevered and met success... rain or shine.

This year, there was "a first". A number of independent, two-wheeled riders made it to the track on the Wednesday of camp!

**Thank you to our grant-maker Gundry-Broughton Foundation!**

**Another BIG THANK YOU to [Redemption Church](#) who donated snacks, water, and many parishioners who volunteered throughout the week.**

*"I just wanted to thank you again for having STRIDE host bike camp this summer. What a great program! Adam is doing really well since bike camp ended. He has been on his bike every day for at least 20 minutes. He's even getting better with self starting. He and his brother are enjoying riding together, which I'm glad they have an activity they enjoy doing together. Adam is often really serious and matter of fact. If I ask him if he likes something the usual response is "it's okay". While riding his bike this past weekend I asked how he's enjoying his new bike and he told me "it's great!" with enthusiasm!"*

## SHARE Center Fitness Programs

STRIDE is pleased to announce all the wonderful activities happening in-person at the SHARE Center:

- Zumba on Tuesday evenings
- Circuit training
- Yoga Monday evenings



- evenings
- **NEW!!!!** Pilates Thursday mornings
- Individual Fitness training sessions
- Alter-G Anti Gravity trainings

When the weather is nice the large doors are open; classes are filling up; and amazing talent coaches inclusive classes! STRIDE athletes/volunteers are free; Guests can join in classes for a suggested donation of \$15 per class. Contact [mevans@stride.org](mailto:mevans@stride.org) for sign-up! More added every month! **Did you know?**...these programs are for **ANYONE**, inclusive!



and he told me "It's great!" with enthusiasm :)  
Thanks so much!  
-Bike Camp Parent



## 2021 Youth Camping



### 7/9-7/11 : Eco- Arts Camping Weekend

Get your creative juices flowing! Be green and make art - learn traditional crafts and take care of the planet at the same time! Transform recyclables/ toss-ables and art materials into amazing masterpieces. For children with an "I can make that" eye to the world, who love to use their hands to create cool and useful one-of-a-kind art objects!

### 7/23- 7/25 : Top Shot Target

Friendly competition is healthy and this weekend campers will have the chance to show off their skills with a variety of sports such as paintball, archery, disc golf, and much more! Campers will not only have the opportunity to play various sports, but explore them in all new and different ways.

### 8/13- 8/15 : Military Boot Kamp 4 Kids

\* invitation only, for 1st time participants only\* Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, etc. Campers will go to Jiminy Peak Adventure course with their vet as their guide.

### 8/27- 8/29 : Music & Movement

A variety of activities with a music and movement focus. Campers will enjoy making their own instruments; have guest musicians to play along with.

### 9/17- 9/19 : Nature Camp

Campers will have the opportunity to make birdhouses with woodworking experts, nature walks and activities, and birds of prey presentation by guest bird rehabilitator and falconer.



New campers must be accompanied by a responsible family member/caregiver. Experienced campers may attend with volunteers.  
To sign up call or email STRIDE Program Director:  
[mevans@stride.org](mailto:mevans@stride.org)/ 518-598- 1279



## STRIDE Teen Kayaking



**Crooked Lake**  
72 Holser Rd Ext.  
Averill Park, NY

**Tuesdays**  
September 7th, 14th, 21st  
4:30- 6:30pm

- Ages 13 & Up
- Must be able to swim
- Must have parent/ or caregiver to assist in & out of water
- Space is Limited

To enroll contact: Megan Evans; [mevans@stride.org](mailto:mevans@stride.org), (518)598-1279

**Attention All Veterans: Go Camping!**  
Contact Don Tallman to Sign up!!  
[dtallman@stride.org](mailto:dtallman@stride.org)



## Warrior Weekend @ SCORE



**August 6- 8th**  
**SCORE Camp Grounds**  
**2182 State Route 203, Chatham, NY**  
**Free Event**

**Enjoy a tent-camping weekend in the great outdoors with fellow veterans and their families.**

Please RSVP to STRIDE Warrior Liaison, Don Tallman  
[dtallman@stride.org](mailto:dtallman@stride.org) or STRIDE Office @ 518- 598- 1279

**GET WELL WISHES**  
**GLOBALLY** to all those suffering or affected by COVID-19



- Deepest Sympathy to the family STRIDE athlete Nora McIntosh, who lost her battle to cancer
- Get Well wishes to volunteer Scott Frankel
- Thank you to the Dralla Foundation for an exciting new upcoming grant program (unannounced)
- A big thanks to Warriors Steve Pecechek and Kevin Binkley for care-taking the SCORE camp
- Welcome new Marketing Intern from SUNY- Albany, James Modlin!



## Family Camping





STRIDE CENTER FOR OUTDOOR RECREATION & EDUCATION

# @ SCORE

Come enjoy the great outdoors with your family  
and get a breath of fresh air!



Reserve your families space to camp on our 85 acre campgrounds  
Weekends available starting in May!

Suggested donation: \$20/night

Resources that would be available:

- Tent & Cots
- Grill with propane tank
- Camping chairs
- Campfire wood

For more information& to reserve a weekend:  
call or email Megan-518-598-1279/ mefans@stride.org

## ★ *Moments in* STRIDE

In Memory of STRIDE  
Athlete: Nora MacIntosh

STRIDE athlete, Nora MacIntosh, sadly passed away in the beginning of July after battling cancer.

Nora participated in many activities within our organization including swimming, camping, and skiing all in which she made many friends at STRIDE, both athletes and volunteers. Nora was known by everyone as the "best cheerleader" and took genuine pleasure in the successes of those around her and those whom she loved.

Nora embodied what it meant to truly love life. She always made the best of every situation. Her infectious laugh will forever be a part of our memories.



[Go Fund Me - MacIntosh Family](#)

[Nora MacIntosh Obituary](#)

HEARTFELT THANK YOU TO OUR DONORS We would like to take this opportunity to thank July contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.

### Donors

Darlene DeMott  
Joshua Dunn  
Ann Evancoe  
Carol & Ronald Karpfen  
Lorraine & Kenneth Kaskoun  
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### Organizations

MoveUnited Sport  
Redemption Church

### 35<sup>th</sup> Anniversary Honorary Committee

Diane Albano  
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Ann Myers & Ed Hallenbeck  
Kathleen Jimino  
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### In Honor of Stefon Stilwell

Christopher Smith

### In Honor of Mary Ellen Whitney

Savell Quinn

### In Memory of Elizabeth Bulger

Amy de Soya

### In Memory of Caitlin Donahue

Brian Donahue

### In Memory of Frances Anne Hughes

Charles White

### In Memory of Nora MacIntosh

Daniel Bopp  
Colleen Casey  
John & Kathleen Ciampa  
Christy and Steve Collins  
Frank and Alexis Grygiel  
Donna & L. Dean Hanson  
Dave Labuskes  
The rAVe Agency (Kayye Consulting)

### In Support of Phillips Family 5K Page

Jason Allen  
Crisafulli Bros  
Michael Lia

# Inclusive

# Zumba

Tuesdays@ 5:15pm



Where: SHARE Center

July 20th- August 31st (no class 7/27)

4482 NY- 150, West Sand Lake, NY

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. *Super effective? Check. Super fun? Check and check.*

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

To Register: call or email STRIDE Program Director,  
Megan Evans : 518-598-1279 ; [mevans@stride.org](mailto:mevans@stride.org)

## Family/ Individual Volunteer Opportunities:

- Video editing
- Social media / graphic design
- Outdoor lawn care/ gardening work at our sites
- Sport program volunteering is back!
- Cleaning for SHARE and office



Contact [mwhitney@stride.org](mailto:mwhitney@stride.org) if interested



We have a very active "SOCIAL" life at STRIDE! Join us on Facebook, for all the latest and greatest activities and resources.



STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 [www.stride.org](http://www.stride.org) 518-598-1279